

Applicant Preparation Checklist for Entrance Into The CHP Academy

BE PREPARED

Note: Please read the following thoroughly. You can print this checklist and track your progress. In applying with the California Highway Patrol you have chosen one of the finest law enforcement agencies in the nation.

Our Department encourages applicants to be prepared prior to arrival of the Academy. This checklist was created to better inform applicants of what will be required and what is necessary to be successful. In order to be successful at the CHP Academy, you need to prepare yourself mentally and physically. If you have any questions or concerns regarding any subjects listed below, please feel free to call a CHP recruiter at 1 888-4 A CHP JOB.



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MENTAL PREPARATION

The Academy experience is extremely difficult for most. It is designed to prepare individuals for a demanding career. The mental challenge is the most significant for many cadets. Successful cadets begin the Academy committed to their own success. They have an unwavering intent to complete the training program, no matter what. Having a “try it and see” mentality is frequently a precursor to failure. The program demands too much. Specific steps that can be taken to help you prepare your mind are:

- ◇ Attend seminars and events sponsored by your Division Recruitment and Background unit.
- ◇ Complete a ride-along.
- ◇ Contact a mentor through an Area Public Information Officer.
- ◇ Read the cadet study guide and act on the information.



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PHYSICAL PREPARATION

A cadet who arrives out of shape causes the training experience to be more difficult. Cadets in poor shape are more frequently injured and have difficulty in tactical training disciplines such as weapons and the Emergency Vehicle Operations Course (EVOC).

- ◇ Cadets should arrive with body fat levels at no greater than 16% for males and 20% for females.
- ◇ Emphasis should be on cardiac fitness and upper body strength conditioning. A weight training workout consisting of higher reps with lower weight is preferable to a low-rep, high weight regimen.
- ◇ The cadet is well advised to be able to confidently run 3 miles within 25 minutes upon arrival.



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ACADEMIC PREPARATION

The ability to comfortably read, write, and speak in English substantially improves a cadet's assimilation of information and the ability to perform in academic quizzes and implementation of knowledge in scenario testing.

- ◇ Address language ability, writing, spelling, and grammar.
- ◇ Complete a semester-length community college course in writing if writing is not a strength.
- ◇ Develop good study habits and the ability to prioritize.
- ◇ Practice penmanship using writing templates using block style lettering.
- ◇ Develop the ability to multi-task (e.g., time management, using index cards to memorize material).



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EVOC PREPARATION

The driver training known as EVOC presents a substantial challenge and can be a cause of separation from the Academy for many cadets. It is imperative that each cadet have a foundation of driving skills developed before entrance to the Academy.

- ◇ If there is any doubt about an applicant's driving ability, strong encouragement should be given toward attending a performance driving school at the applicant's expense or gaining additional driving experience in a variety of hazardous conditions prior to entry.
- ◇ Performance driving schools cover skid pan, high speed driving, and vehicle dynamics.
- ◇ A list with the types of driving skills the applicant has been exposed to such as high-speed, snow-driving, off-road, etc., may be helpful for EVOC instructors when the cadet arrives at the Academy.



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ACADEMY LIFE

The Academy is a paramilitary institution which provides structure and discipline to help cadets succeed in the Academy and as a CHP officer.

- ◇ There is drill every morning. All needed instruction is provided by the Staff Office and senior cadets. All that is needed for drill is provided and it could be counterproductive to have an applicant practice drill beforehand.
- ◇ It is helpful to show up with highly polished regulation boots. It is one less thing to contend with during the initial week of adjustment to Academy life.
- ◇ Know how to press a shirt and pants with a handheld steam iron.
- ◇ Cadets need to know that everything they do must be done efficiently and with a purpose. This includes walking to class, studying, and PT. Attention to detail is critically important.



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